



myHealth
CONNECTIONS
PROMOTING HEALTH AND WELL-BEING

PRESENTS

Wellness Wednesdays

Choose Three and Stay Healthy & Fit

Challenge yourself to implement just three healthy habits for the holiday season to maintain your health.

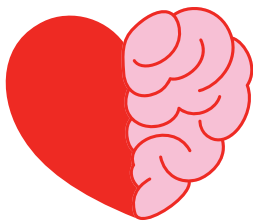


Discover new activities to do instead of binge watching.

Swap out an hour of watching the TV for another activity and *lower your risk* for your chance of developing type 2 diabetes, cardiovascular disease, and premature death.

Choose a nutrient-rich diet.

Eat more low-fat, low-salt foods such as whole grains and fruits and veggies. This swap can help you maintain your weight during the holidays and prevent chronic diseases in the future.

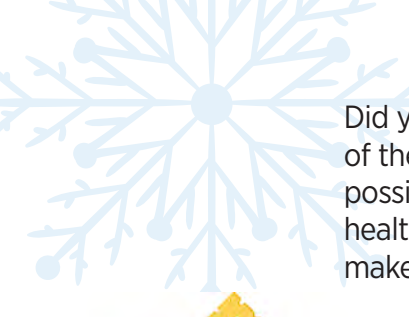


Learn ten ways to love your brain.

Research shows that we can reduce the risk of cognitive decline through smart lifestyle choices. What's good for the body is good for the brain and vice-versa. It's a win-win.

Are you due for a colonoscopy this year? It is not too late to schedule your exam. [Discover six ways to improve your colon health and prevent colon disease.](#)





Did you know that the lungs make up a significant part of the immune system? They help us rid our bodies of possible infections or pollutants that can impact overall health. [Learn ten exercises and lifestyle changes](#) you can make to maintain lung health.



During the holidays offer to contribute to the dinner or party. Bring a unique healthy salad. Salads are a great way to curb hunger and prevent you from over-indulging. Here is our guide to help you get started [building a better salad](#).

Do you get stressed-out around the holidays? Feel calm and in control at the first sign of stress with these [mindful exercises](#).



Are you experiencing back pain? Common causes include improper lifting, poor posture, lack of regular exercise, fracture, ruptured disk, or arthritis. Try these simple [techniques to manage your back pain](#), injuries and increase flexibility.

Eye strain occurs when your eyes are tired from intense use such as long hours on the computer or straining to read text on your phone. Here are [eight ways you can prevent eye strain](#) and maintain your eye health.



Proactively manage diabetes. Whether it be yourself or a loved one, apply the *Diabetes ABCs* to your diabetes management routine. The *Diabetes ABCs* serve as an excellent reminder to test blood sugar levels, blood pressure and cholesterol so you can reduce the chances of a heart attack, stroke, or other diabetes-related issues. [Click here](#) to learn more.